



Pureed Cheesy Vegetable Dish





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⌚ 15 - 25 MINS

IDDSI LEVELS



INGREDIENTS

	1 Serving	6 Servings	12 Servings
Onion (minced to 4 mm size or smaller)	1 Tbsp	1/3 cup	2/3 cup
Vegetable oil	1 tsp	2 Tbsp	1/4 cup
Cauliflower*	1/4 cup	1 1/2 cups	3 cups
Broccoli*	1/4 cup	1 1/2 cups	3 cups
Carrots*	2 Tbsp	3/4 cup	1 1/2 cups
Garlic, minced	1/4 tsp	1 clove	2 cloves
Broth	1/4 cup	1 1/2 cups	3 cups
Cream cheese	1 Tbsp	1/3 cup	2/3 cup
Cheddar cheese, shredded	1/3 cup	2 1/4 cup	4 1/2 cups
Parmesan cheese	1 1/2 tsp	2 Tbsp	1/4 cup
T&E® Instant Food & Beverage Thickener	1 tsp	2 Tbsp	1/4 cup
Ground mustard	dash	1/2 tsp	1 tsp
Salt (to taste)	dash	3/4 - 1 tsp	2 tsp
Pepper (to taste)	dash	1/4 - 1/2 tsp	1 tsp
Paprika (for garnish)	for garnish	for garnish	for garnish

NUTRITION

Serving Size:
1-rounded #8 scoop
(about 1/2 cup)

Calories: 290

Total Fat: 24g

Saturated Fat: 11g

Trans Fat: 0g

Cholesterol: 55mg

Sodium: 850mg

Total Carbs: 8g

Dietary Fiber: 2g

Total Sugars: 2g

Added Sugars: 0g

Protein: 13g

Potassium: 4% DV

Calcium: 25% DV

Iron: 4% DV

Vitamin D: 0% DV

*Cooked and minced to 4 mm size or smaller. Use purchased pre-diced "riced" vegetables, if available

DIRECTIONS

1. Ensure cauliflower, broccoli and carrots are cooked and minced to required 4 mm particle size.
2. Heat oil in pan and sauté onion until softened.
3. Add cooked, minced (or riced) vegetables and broth to pan. Bring to boil and cook for 2-3 mins.
4. Reduce heat; add cream cheese, cheddar cheese and parmesan cheese. Simmer and stir until cheeses are completely melted and well blended.
5. Add THICK & EASY® Instant Food & Beverage Thickener; stir until mixture starts to thicken
6. Stir in ground mustard, salt, and pepper.
7. Hold hot for service at 135°F.
8. To serve: Portion one rounded #8 scoop per serving.
9. Garnish each serving with a sprinkle of paprika.